

OVERVIEW

- ◇ The Adolescent and Family Therapy Program (AFT) offers psychological outpatient services for Bergen County adolescents between the ages of 12 and 17½ who do not have medical insurance or the financial resources to pay for psychological or psychiatric treatment.
- ◇ AFT treats most psychological, psychiatric, social issues and problems of adolescence.
- ◇ All treatment is individualized and focused on helping clients reach their treatment and life goals.
- ◇ AFT offers short and longer term individual psychotherapy for adolescents.
- ◇ All AFT staff members are clinical professionals with advanced degrees and are experienced in working with adolescents and families.
- ◇ AFT services are provided free of charge.

REFERRALS

- ◇ Referrals come from families, schools, police and other agencies.
- ◇ Referrals to AFT are screened by the Central Intake Program of the Division of Family Guidance to determine eligibility and suitability for AFT services and/or other Family Guidance programs.

The phone number for Central Intake is (201) 336-7360

- ◇ AFT is **not** a drop-in service, nor is it a program suited for immediate or ongoing crisis intervention. Crisis intervention services are provided by our Juvenile Family Crisis Intervention Unit (JFCIU). They can be reached 24/7 at (201) 336-7360.
- ◇ Family therapy offered by AFT is focused on addressing the concerns and issues related to the adolescent.

SERVICES

- ◇ Services may include:
 - Individual therapy
 - Family therapy
 - Referrals to other programs and agencies for additional services
- ◇ AFT provides psychotherapy for most adolescent problems including:
 - Depression
 - Anxiety
 - Anger Management
 - Impulsivity
 - Peer Relationship Problems
 - Social Isolation
 - Bullying
 - Dating Issues and Problems
 - Sexual Issues
 - Family Conflict
 - Conflict with Authority

COUNTY OF BERGEN

Department of Human Services Division of Family Guidance

MISSION STATEMENT

Bergen County's Division of Family Guidance provides clinical, residential, educational, correctional, case management and monitoring services to at-risk children, adolescents, and families, particularly those who are otherwise unable to receive needed services.

THE FAMILY GUIDANCE VISION:

The Division of Family Guidance is Bergen County's resource for youth and families in need.

Values:

- Collaborative, Creative, and Empirically Driven Programming
- Safe, Respectful, Dependable and Therapeutic Environments
- Developmentally Appropriate Expectations
- Empowerment through Opportunity
Community Safety

ADOLESCENT and FAMILY TREATMENT

One Bergen County Plaza, 2nd Floor
Hackensack NJ 07601

Phone: (201) 336-7350
Fax: (201) 336-7370

COUNTY OF BERGEN



James J. Tedesco III
County Executive

BOARD OF CHOSEN FREEHOLDERS

DEPARTMENT OF HUMAN SERVICES

DIVISION OF FAMILY GUIDANCE

BERGEN NEW JERSEY *County*

ADOLESCENT and FAMILY TREATMENT



County of Bergen
Department of Human Services
Division of Family Guidance
One Bergen County Plaza
2nd Floor
Hackensack, NJ 07601

www.co.bergen.nj.us/bcdhs/divisions/family.htm

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